

PM SHRI KENDRIYA VIDYALAYA PANAGARH

Report on Self-Defence Training Program for Girls

Executive Summary

As part of the **PM SHRI (PM Schools for Rising India)** initiative, PM SHRI Kendriya Vidyalaya Panagarh successfully organized a specialized Self-Defence Training Program for female students. The program aimed to empower young girls with essential physical safety skills, self-confidence, and situational awareness to navigate daily challenges securely.

1. Introduction

Ensuring the physical safety, psychological well-being, and overall confidence of female students is a primary objective under the holistic education vision of the PM SHRI scheme. In alignment with national goals for women's empowerment, PM SHRI KV Panagarh conducted a comprehensive self-defence training workshop.

The program was designed to go beyond physical combat techniques, emphasizing preventive security strategies, emotional resilience, and legal awareness among young girls.

2. Program Objectives

- **Skill Development:** Equip girls with basic, effective physical self-defence moves using practical martial arts disciplines.
- **Situational Awareness:** Train students to identify potential risks, stay alert, and react effectively in adverse situations.
- **Confidence Building:** Instill psychological strength, self-reliance, and fearlessness in everyday environments.

- **Health & Fitness:** Promote functional physical fitness, flexibility, reflexes, and stamina.
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3. Key Activities & Training Modules

The training was structured systematically across multiple interactive sessions:

- **Physical Conditioning:** Daily warm-up sessions focusing on core strength, mobility, and reaction time enhancement.
 - **Core Defensive Techniques:**
 - Defensive stances, block-and-strike strategies, and escape maneuvers against physical holds or grabs.
 - Practical usage of everyday objects (such as school bags, bottles, and umbrellas) as improvised self-defence tools.
 - **Simulated Practice:** Real-world scenario rehearsals to help students practice swift decision-making under stress.
 - **Awareness & Cyber Safety Sessions:** Brief talks covering personal safety protocols, emergency contact numbers, and basic guidelines on personal data security.
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4. Conclusion & Impact

The Self-Defence Training Program concluded with a live demonstration where participants showcased their newly acquired skills in front of school authorities, teachers, and peers. The initiative received overwhelmingly positive feedback from students and parents alike.

Through this PM SHRI initiative, PM SHRI Kendriya Vidyalaya Panagarh continues its commitment to fostering a safe, supportive, and empowering educational environment, ensuring every girl child is capable, confident, and prepared for the future.

